

Dance

Storybook Dance Camps

Dance camps are a multi-art experience with daily craft projects, stories and videos based around each theme. Each day, bring a snack and drink, and wear tights, a leotard, and proper dance shoes. Costumed performances will be held for parents on the last day of each camp.

Under the Sea Ages 3-4

Themed around *The Little Mermaid*, your child will learn pre-ballet technique, work on coordination through basic tumbling and prepare dances to "Under the Sea" for the last day of camp. Each day, our littlest mermaids will enjoy story time and create themed craft projects that are sure to exercise their imagination! Ballet slippers, leotard and tights required. Please bring a snack (no peanut products) daily.

9, 3 hour sessions TOH \$189/NR \$252
June 27-July 8 1421.001
(No camp July 4th)
 M-F 9am-12pm

10, 3 hour sessions TOH \$210/NR \$280
August 1-12 1421.002

Cinderella Ages 5-6

Calling all Cinderella dancers! Designed around the classic fairy tale *Cinderella*, your dancer will learn the basic techniques of ballet and tap, while improving coordination through tumbling. Daily art projects will provide stimulation and an outlet for developing imagination. Costumed performance and dance party for parents and friends on the last day of camp. Ballet slippers, tap shoes, leotard and tights required. Please bring a snack (no peanut products) daily.

10, 3 hour sessions TOH \$210/NR \$280
 M-F 9am-12pm
July 11-22 1421.003
August 15-26 1421.007

Dancing Princess Ages 7-8

Your own princess will continue to work on the fundamentals of ballet, tap and tumbling. Camp is based around classic princesses from the ballet, such as: Odette, Aurora and Clara, as well as the Disney princesses. We will begin teaching the fundamentals of healthy eating, and the girls will create craft items fit for a princess! Story time and viewing clips of dance scenes from various dance movies will help prepare your young dancer to take the character and grace of a princess as they perform. Ballet slippers, tap shoes, leotard and tights required. Please bring a snack (no peanut products) daily. No camp July 4th.

9, 3 hour sessions TOH \$189/NR \$252
 M-F 1-4pm
June 27-July 8 1421.004

Lion King Ages 9-10

Influenced by Twyla Tharp's choreography, your child will continue their dance training in ballet and jazz, while concentrating on modern moves through hip-hop! This is a great camp to exercise imagination and theatrical character building through movement as animals. Campers will spend their days in the animal kingdom and jungles they create. Themed crafts, stories, dance movies and emphasis on character creation will be part of their daily experience. Ballet slippers, jazz shoes, leotard and tights required. Please bring a snack (no peanut products) daily.

10, 3 hour sessions TOH \$210/NR \$280
 M-F 1-4pm
August 1-12 1421.005

Hip-Hop Dance

Ages 11-12

A multi-art dance camp designed with the preteen in mind which will incorporate a variety of old and new urban dance styles. Crafts will be more challenging and centered around creating usable items. Basic nutrition will be covered and dances themed to today's radio talent will be crafted. Bring a plain white T-shirt to tie-dye, a daily snack (no peanut products) and wear comfortable clothing.

10, 3 hour sessions TOH \$210/NR \$280
 M-F 1-4pm
July 11-22 1421.006

Hip-Hop for Boys and Girls

Ages 6-10

Designed with usable unisex craft projects. Bring a white T-shirt to tie-dye, a daily snack (no peanut products) and wear comfortable clothing.

10, 3 hour sessions TOH \$210/NR \$280
 M-F 1-4pm
August 15-26 1421.008



Town of Herndon Parks and Recreation

P.O. Box 427, Herndon, VA 20172

www.herndon-va.gov



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Gymnastics

Gymnastics Camps Ages 6-13

For those who missed the chance to take gymnastics during the school year, or want to improve and stay on top of your skills. Participate in floor exercises, beam, uneven bars, parallel bars and vault. Qualified staff and a small student-teacher ratio provides individualized and higher quality instruction. Family members and friends are invited to a demonstration of new and/or improved skills on the last day of camp. T-shirt included. Each day, bring a snack (no peanut products).

Girls' Camps All Levels

9, 4 hour sessions TOH \$162/NR \$216
 M-F 10am-2pm

June 27-July 8 *(No camp July 4th)* 1722.101

10, 4 hour sessions TOH \$180/NR \$240
 M-F 10am-2pm

July 11-22 1722.102

July 25-August 5 1722.103

August 8-19 1722.104

Boys' Camps All Levels

9, 4 hour sessions TOH \$162/NR \$216
 M-F 10am-2pm

June 27-July 8 *(No camp July 4th)* 1722.105

10, 4 hour sessions TOH \$180/NR \$240
 M-F 10am-2pm

July 11-22 1722.106

July 25-August 5 1722.107

August 8-19 1722.108



ECRWSS

Residential Customer



Munchkateers Camp Ages 3-5

An innovative program for children, combining fitness, elementary gymnastics, rhythms and games that develop a child's large motor coordination skills, strength, flexibility and imagination. Participants should be ready for group instruction.

Munchkateers I Ages 3-4

4, 45 minute sessions TOH \$18/NR \$24
 T-F 9-9:45am

July 5-8 1712.101

5, 45 minute sessions TOH \$23/NR \$30

M-F 9-9:45am

July 18-22 1712.102

August 1-5 1712.103

August 15-19 1712.104

Munchkateers II Ages 4-5

5, 45 minute sessions TOH \$23/NR \$30

M-F 9-9:45am

June 27-July 1 1712.105

July 11-15 1712.106

July 25-29 1712.107

August 8-12 1712.108

Acro/Dance Camp Ages 6-12

Learn the technique of jazz, hip-hop and tumbling choreographed together to upbeat music. An opportunity to participate in floor exercise, bars, balance beam, vault, dance, swimming (optional), arts and crafts, and games. Qualified staff and a small instructor-participant ratio provides individualized and quality instruction. Each day, bring a bathing suit, towel, lunch, snack (no peanut products) and an old, large T-shirt for crafts.

5, 6 hour sessions TOH \$135/NR \$180
 M-F 9am-3pm

August 22-26 1722.108

2011 SUMMER CAMPS

Herndon Parks & Recreation



Summer Fun in HERNDON

Summer is right around the corner, and it's time to start making plans. We have planned great camp experiences for your kids.

Look for our detailed Summer Quarterly Brochure to register. Registration begins Wednesday, May 4 for TOH residents, and Tuesday, May 10 for non-TOH residents. You can register online. Start early to obtain your account and password. Visit our website at www.herndon-va.gov.

Programs will not be
 held on July 4th



Join us at Bready Park for a traditional
 Independence Day celebration and
 fireworks choreographed to music.

July 4th
 6:30pm Entertainment and
 9:30pm Fireworks
 Bready Park

Summer Fun

Ages 6-11, Rising Grades 1-6

It's time for summertime fun! For less than \$70 a week, our experienced camp staff are ready to take your kids on a great adventure, featuring exciting field trips, theme-week crafts, thrilling games, sports and much more! Activities planned around themes each week, and a field trip is offered each week at an additional cost. Camp is held OUTDOORS at Bready Park. Campers can swim twice weekly at the HCC indoor pool. Each day, bring a lunch, and snack (no peanut products please), and wear play clothes and tennis or closed toe shoes. Personal items and care are the responsibility of the participant.

The following forms must be on file prior to participation in the camp: Camper Registration Information and Authorization for Pick-up. Parent/guardians can pick up forms at the Herndon Community Center, or log on www.herndon-va.gov and click on "Parks and Recreation." After you register, you will receive the parent handbook.

To meet your summer child-care needs, camp hours are 7:30am-6pm. We strongly encourage all children to arrive by 9am.

Session I

19, 10.5 hour sessions TOH \$261/NR \$348

June 27-July 22 *(No camp July 4th)* 1520.101

Session II

15, 10.5 hour sessions TOH \$206/NR \$275

July 25-August 12 1520.201

Summer Express Camp

5, 10.5 hour sessions TOH \$86/NR \$114
(Includes field trip fee)

August 15-19 1520.301

(Must be registered for at least one session of Summer Fun to attend Summer Express)



PARENT MEETINGS

Wednesday, June 22
 Held at the Herndon Community Center
Summer Fun 6:30pm
Teen Discovery 7pm

Teen Discovery

Ages 12-15

Teen Discovery allows teenagers to spend two full weeks with friends while traveling to their favorite summer destinations. Each day of camp promises a new adventure through field trips, games and activities. Bring a sack lunch, water bottle, bathing suit and towel, daily. Cost includes supervision, van transportation and admissions. Starting and ending times will vary depending on the trip location. Destinations change each session (see below). Teen Discovery requires independence and good judgment from the participants. Responsibility is an important element of the program, as teens are frequently permitted to experience activities in small groups on their own, checking in at designated times and locations. Program meets Monday-Friday, 10am-5pm. Parent Meeting held Wednesday, June 22, 7pm at the Herndon Community Center.

Session I: Kings Dominion, Ropes Course, Laser Tag
9, 7 hour sessions TOH \$210/NR \$280
June 27-July 8 1539.101
(No camp July 4th)

Session II: Paintball, Beach, Water Park
10, 7 hour sessions TOH \$233/NR \$310
July 11-22 1539.102

Session III: Kings Dominion, Rafting, Pottery
10, 7 hour sessions TOH \$233/NR \$310
July 25-August 5 1539.103

Session IV: Horseback Riding, Zoo, Tubing
10, 7 hour sessions TOH \$233/NR \$310
August 8-19 1539.104

Early Bird Hours

Need to get here earlier? Camp is open with supervision for registered campers only.
M-F 8:30-10am
9, 1.5 hour sessions TOH \$23/NR \$30
June 27-July 8 1539.105
(No camp July 4th)

10, 1.5 hour sessions TOH \$26/NR \$35
July 11-22 1539.106
July 25-August 5 1539.107
August 8-19 1539.108

Preschool Play Camp

Ages 3-5

Themed activities include arts and crafts, music, drama, games, and nature. Great staff and a low staff-participant ratio will further enhance a positive environment. Registration fee includes daily activities, a T-shirt, and weekly swim-n-splash day for the afternoon session. Children **must be potty-trained**. You will be assigned a day for each session enrolled to provide a snack for all the children (no peanut products please). Preschool Play Camp is licensed through the State of Virginia Social Services Department, and requires we see your child's original or certified copy of the birth certificate, or passport.

We must have the following forms on file for your child prior to the start of camp: Camper Registration, Physical & Immunization Records, Authorization for Pick-up, and Camper Information. Parents/guardians are encouraged to pick up the forms at the HCC, or log onto www.herndon-va.gov and click on "Parks and Recreation," or forms will be mailed to you after registration is processed.

Camp Themes

Circus Time June 27-July 8
Around the Garden July 11-22
Have a Ball with Sports July 25-August 5
World of Music August 8-12

Ages 3-4 (Must be 3 years old by May 1, 2011)
M-F 9:30am-12pm
9, 2.5 hour sessions TOH \$78/NR \$104
June 27-July 8 1510.101
(No camp July 4th)

10, 2.5 hour sessions TOH \$87/NR \$116
July 11-22 1510.102
July 25-August 5 1510.103

5, 2.5 hour sessions TOH \$44/NR \$58
August 9-13 1510.104

Ages 4-5 (Must be 4 years old by May 1, 2011)
M-F 1-3:30pm
9, 2.5 hour sessions TOH \$78/NR \$104
(No camp July 4th)
June 27-July 8 1510.201

10, 2.5 hour sessions TOH \$87/NR \$116
July 11-22 1510.202
July 25-August 5 1510.203

5, 2.5 hour sessions TOH \$44/NR \$58
August 8-12 1510.204

Nature

Nature Explorers Camp

Ages 4-12
Explore nature through hands-on activities and outdoor learning, while utilizing senses to discover a joy and appreciation for nature! Nature Explorers is a great mix of environmental education, activities and games. Each week, we will investigate a new theme centered around habitats, wildlife, natural resources, protecting our natural environment and environmental stewardship. Camp includes a T-shirt, lots of take-home nature materials, guest speakers, and a weekly field trip for age groups 6-9 and 10-12. Camp meets at Runnymede Park. Campers should apply sunscreen and bug repellent prior to camp, and bring a lunch, water and a snack (no peanut products please) each day.

Ages 6-9
(Includes field trip)
5, 6 hour sessions TOH \$113/NR \$151
M-F 9am-3pm

Water Wonders June 27-July 1 1364.904
Backyard Safari July 25-29 1364.908
Eco Network August 1-5 1364.909

Ages 6-9
4, 6 hour sessions TOH \$90/NR \$120
T-F 9am-3pm
Up in the Air July 5-8 1364.905

Ages 4-6
5, 2 hour sessions TOH \$84/NR \$112
M-F 9-11am
Backyard Safari July 11-15 1364.906
Eco Network July 18-22 1364.907

Ages 10-12
(Includes field trip)
5, 6 hour sessions TOH \$113/NR \$151
M-F 9am-3pm
Expedition Nature August 8-121364.910

Evening Nature Explorers Camp

Ages 5-9

During the cooler summer evening hours, nature enthusiasts can enjoy a program similar to the daytime Nature Explorer Camp. Parents can discover and walk the trails of Runnymede Park while children participate in fun outdoor activities. Bring water, a snack (no peanut products) and apply bug repellent before coming. Meet at Runnymede Park. No field trip offered.
4, 2 hour sessions TOH \$56/NR \$74
M-Th 6-8pm
July 11-15 1364.911
July 18-22 1364.912

Youth Fishing Camp

Ages 9-14

Join Virginia Fishing Adventures Fishing Camp for a week of fishing some of the best waters the area has to offer. Campers will fish a series of private ponds for bass, panfish and catfish. When not fishing farm ponds, campers will fish area rivers for smallmouth bass and redbreast sunfish. Campers will gain experience fishing from canoes, rafts and on boats, as well as learn the basics of fishing local waters. Virginia Fishing Adventures provides all necessary equipment, food and drinks, and good times. No fishing experience necessary.
4, 8 hour sessions TOH \$308/NR \$440
July 5-8 1364.011
T-F 8:30am-4:30pm

Sports

Happy Feet Camp

Ages 3-6

Story time with a soccer ball! Stories, songs, nursery rhymes and fun games are adapted to incorporate a soccer ball and basic motor skills development. Happy Feet classes are noncompetitive, and use fun techniques to train advanced motor skills, dynamic dribbling, shooting skills and fitness. Meet at Bready Park soccer field next to HCC.

Ages 3-4
5, 45 minute sessions TOH \$42/NR \$56
M-F 9-9:45am
June 27-July 1 1724.101
July 11-15 1724.102
August 1-5 1724.103

Ages 5-6
5, 1 hour sessions TOH \$42/NR \$56
M-F 10-11am
June 27-July 1 1724.104
July 11-15 1724.105
August 1-5 1724.106

Nova Legends Soccer Camp

Ages 7-12
Don't miss an opportunity to continue development of fundamental soccer skills, including dribbling, passing, shooting and ball control. Skills for more advanced players will include offensive and defensive strategy. Days will consist of a warm-up, conditioning drills, and fun soccer-related games using their developing skills. Scrimmages and games will also continue to aid in the player's development. Each day, bring a water bottle, snack (no peanut products) and a soccer ball (with child's name on it). Meet at Bready Park soccer field next to HCC.
5, 3 hour sessions TOH \$126/NR \$168
M-F 9am-12pm
June 27-July 1 1724.107
July 25-29 1724.108

Sports Sampler

Enhance your child's hand-eye coordination, gross motor skills and confidence through a sampling of sports. We will play soccer, T-ball/baseball, kickball, golf, parachute games and a whole lot of other fun games in between. Emphasis will be on teamwork and good sportsmanship. Each day, bring a water bottle and snack (no peanut products). Meet at Bready Park soccer field next to HCC. Instruction provided by Amazing Athletes.

Ages 3-4
4, 45 minute sessions TOH \$36/NR \$48
T-F 9-9:45am
July 5-8 1799.100

5, 45 minute sessions TOH \$48/NR \$60
M-F 9-9:45am
August 15-19 1799.101

Ages 5-6
4, 1.5 hour sessions TOH \$48/NR \$64
T-F 10-11:30am
July 5-8 1799.102

5, 1.5 hour sessions TOH \$68/NR \$80
M-F 10-11:30am
August 15-19 1799.103

Multi-Sports Camp

Ages 7-10

Can't pick one sport to play? Then sample a bunch! Sports include, but are not limited to: soccer, basketball, baseball/softball and flag football. Each day, bring a water bottle, lunch and snack (no peanut products). Meet at Bready Park soccer field next to HCC. Instruction provided by Amazing Athletes.
5, 3 hour sessions TOH \$90/NR \$120
M-F 9am-12pm
July 11-15 1799.104

Shooting Star Basketball Camp

Your little star can shoot some points at our beginner-level outdoor camp, designed to promote the proper fundamentals, attitude and sportsmanship for young players. Instructors will teach the fundamentals of dribbling, shooting, defense and team play to get your young player started in the right direction. Each day, bring a water bottle and snack (no peanut products). Meet at the HCC outdoor basketball courts. Instruction provided by Amazing Athletes.

Ages 5-6
5, 2 hour sessions TOH \$60/NR \$80
M-F 9-11am
August 8-12 1723.201

Ages 7-8
5, 3 hour sessions TOH \$90/NR \$120
M-F 9am-12pm
June 27-July 1 1723.200

Flag Football Fundamentals

Does your child already show interest in football but not sure he/she is ready for tackle? This program is designed to teach fundamentals of football in a fun, minimally competitive and safe environment. Instruction provided by Amazing Athletes.
5, 1 hour sessions TOH \$48/NR \$60
Ages 5-6
M-F 9:30-10:30am
July 18-21 1901.100

Ages 7-8
M-F 10:45-11:45am
July 18-21 1901.101



Coed Skateboard Camp

Ages 6-12
Radical, dude! Extreme fun! Packed with safe, fun and thrilling activities for beginner to intermediate skateboarders. Held outdoors at Herndon's Trailside skatepark. Skaters will be grouped by age and ability. Under the supervision of American Inline instructors and coaches, all skateboarders will receive instruction to safely ride, tack turn, olly, grind, stall, drop in and get air, all in a safe, positive environment. Participants receive a camp T-shirt and stickers. Required equipment includes: skateboard, helmet, knee and elbow pads, water, and snack (no peanut products please).
4, 3.5 hour sessions TOH \$100/NR \$133
T-F 9am-12:30pm
July 5-8 1721.700

5, 3.5 hour sessions TOH \$125/NR \$167
M-F 9am-12:30pm
July 25-29 1721.701
August 1-5 1721.702

Tennis

Pee Wee Tennis Camps

Never too young to learn the game of a lifetime sport. Instructors will help your child learn the basic tennis fundamentals by using creative games, skill learning and teaching techniques. Participants are required to bring their own mini-racquets. Other equipment will be provided. Meet at the Bready Park Tennis Complex at the HCC. Friday is reserved as a makeup date. Instructor-to-student ratio is six to one.

Ages 4-5
3, 30 minute sessions TOH \$24/NR \$32
T-Th 9:45-10:15am

July 5-7 1721.201

4, 30 minute sessions TOH \$32/NR \$43
M-Th 9:45-10:15am
June 27-30 1721.202
July 11-14 1721.203
July 18-21 1721.204
July 25-28 1721.205
August 1-4 1721.206
August 8-11 1721.207

Ages 6-7
3, 30 minute sessions TOH \$24/NR \$32
T-Th 10:15-10:45am
July 5-7 1721.208

4, 30 minute sessions TOH \$32/NR \$43
M-Th 10:15-10:45am
June 27-30 1721.209
July 11-14 1721.210
July 18-21 1721.211
July 25-28 1721.212
August 1-4 1721.213
August 8-11 1721.214

Tennis Camps

Ages 8-15

Designed for all levels and taught by our highly trained instructors at the Bready Park Tennis Complex. Grouped by ability, each camp features comprehensive on- and off-court instruction, skill learning, games, and practice matches. Instructor-to-student ratio is eight to one. MUST provide own racquet, one can of new tennis balls, water bottle and a daily snack (no peanut products). T-shirt included. Friday is reserved as a makeup date.

7, 2 hour sessions TOH \$67/NR \$89
June 27-July 7 (No camp July 4th)
1721.101 M-Th 8-10am
1721.102 M-Th 10:15am-12:15pm

8, 2 hour sessions TOH \$77/NR \$102
M-Th 8-10am
July 11-21 1721.103
July 25-August 4 1721.105
August 8-18 1721.107

8, 2 hour sessions TOH \$77/NR \$102
M-Th 10:15am-12:15pm
July 11-21 1721.104
July 25-August 4 1721.106
August 8-18 1721.108